

Award Categories

For Each 5K

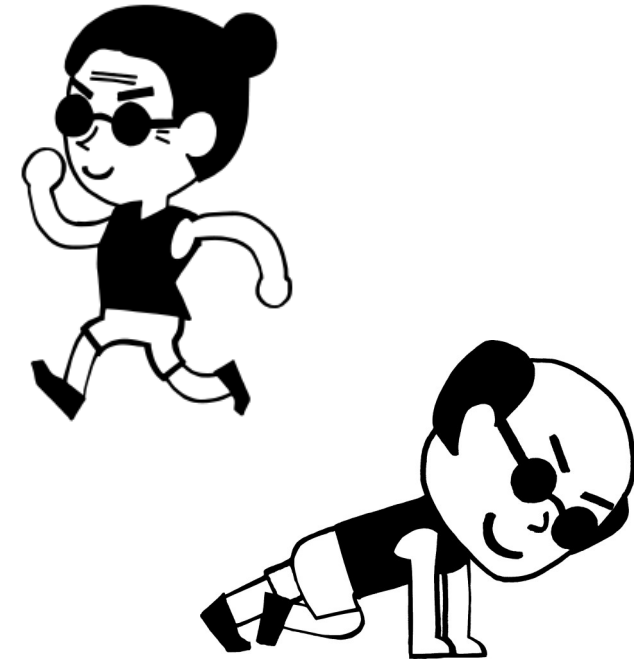
Overall Male: 1st, 2nd, 3rd
Overall Female: 1st, 2nd, 3rd

Twisted Trilogy

Overall Male: 1st, 2nd, 3rd
Overall Female: 1st, 2nd, 3rd

Everyone that completes all three Twisted Trilogy races will earn a custom “twisted” medal.

FIRST ANNUAL GALEON SENIOR LIVING TWISTED TRILOGY 5K SERIES



Dates:

Saturday, May 12, 2018
Saturday, June 16, 2018
Saturday, August 11, 2018

Time:

8:30 am

Place:

Galeon Senior Living
410 West Main St, Osakis, MN

So....

This is not a normal 5k. This is a little more of a challenge, and with it comes a little more reward. So what makes it twisted you ask? Well, we decided to add some body weight exercises to see what you are really made of.

- The mother’s day race will ask that you perform 10 pushups at the end of the first mile, and 10 squats at the end of the second mile.
- The father’s day race will ask you to perform 10 mountain climbers at the end of the first mile and 10 burpees (no pushup) at the end of the second mile.
- The dog days race will ask you to perform 10 burpees (with pushup) at the end of the first mile, then 10 squats and 10 mountain climbers at the end of the second mile.

This course is mainly flat, with a couple of easy hills.

If you are able to do all three races, and register for them by the first race, you will receive a discount.

If you complete all three races, you will receive a commemorative medal to show off in addition to receiving a t-shirt for each race.

If you cannot participate in all three, please register for the ones that you can, and you will still get a t-shirt for each race you participate in.

If you want to see what the shirts will look like, head over to our website at <http://www.galeonmn.com> and look for the twisted trilogy page.

The proceeds from these races will go into new flooring and a whirlpool bath for the Nursing Home.



2018 Galeon Twisted Trilogy 5k Series Registration Information

Entry Fee

Adults: Mother’s Day Race: \$30 (through May 4), \$35 (after May 4)
(Please be aware that shirts are not guaranteed after May 4)
Twisted Trilogy (all 3 races): \$75 (until May 11, 2018)

T-Shirt Size (Please Circle) **Adult** S M L XL XXL
Youth S M L XL

Please send completed form with payment to:

Galeon
410 West Main Street
Osakis, MN 56360
Please make checks payable to Galeon

Waiver: I understand that participating in this event is potentially dangerous. I certify that I have full knowledge of the risks involved in this event and that I am physically fit and trained to participate. I do hereby waive and release any and all claims for damages that I may incur as a result of my participation in this event, against the organizers, sponsors, promoters, municipalities, volunteers, and officials of these organizations.

Name
Address
Phone
Email

Signature (required) _____ **Co-Signature** (by parent or guardian for those under 18) _____